



# Norwood Recreation Department Fall/Winter Guide



**Registration Begins August 22nd**

## What's the Buzz?



As the summer comes to a close I will be wrapping up my first year as Superintendent. During this time, the Department has experienced some ups and downs; taken on new challenges, and re-focused on some classics. All along, it has been very clear that one thing is imperative to the success of Recreation in Norwood; it is the people we serve and those who make it possible. I have constantly come across individuals around town (staff, volunteers, and participants) who are looking to help in any way possible to keep Norwood a great place to live, work, and play.

Currently, our Department is gearing up for a busy and fun Fall/Winter. We are excited for some of our new programs, as well as some of our longest standing programs, such as Floor Hockey and The School of Dance. We have also changed our hours to accommodate residents who might want to get an early morning workout which we are excited about! The hours for Fall/Winter will be 5:30 am - 9 pm. Again, we thank everyone in the community who make this Department so great!

Sincerely,

*Travis Farley* –Superintendent of Recreation

### Recreation Department Staff

<b>Travis Farley</b>	<b>Superintendent of Recreation</b> tfarley@norwoodma.gov
<b>Katie Seastedt</b>	<b>Recreation Program Director</b> cseastedt@norwoodma.gov
<b>Howard Weinstein</b>	<b>Recreation Administrator</b> hweinstein@norwoodma.gov
<b>Lee Kennedy</b>	<b>Administrative Assistant</b> lkennedy@norwoodma.gov
<b>Mike Halpin</b>	<b>Maintenance/Craftsman</b> mhalpin@norwoodma.gov
<b>Mark Brown</b>	<b>Senior Custodian</b>

### Who to contact:

#### Travis Farley

Civic Center, Norwood Day, Special Events,  
Civic Bookings

#### Katie Seastedt

All programs, summer playgrounds, playground staff

#### Howard Weinstein

Field Use, pool maintenance, lifeguards

### Office Information

Phone: 781.762.0466

Fax: 781.769.6254 or 781.278.3037

Website: [www.norwoodma.gov](http://www.norwoodma.gov)



### NORWOOD RECREATION

#### Civic Center

165 Nahatan Street, Norwood, MA 02062

Phone: 781.762.0466

#### OFFICE HOURS

##### September –June 1st:

Monday through Friday: 5:30am-9:00pm

Saturday (starts 10/18 to June 1st) :8:00am-4:45pm

##### June through mid-September:

Monday through Friday: 5:30am-6:45pm

Saturday Closed

## TABLE OF CONTENTS

Greetings/ Contacts	2
Registration Methods	3
Civic Center Closed Dates	3
Registration Information	4
Department Information	5
Facility	6
Norwood Day	7
Special Events	8-9
Extraganza	10
Family Nights	11
One Time Hits	11-13
Tot Programming	14-16
Youth Programming	15-20
February Vacation Programming	17
Floor Hockey	21
Birthday Parties	22
Dance	23-26
Adult Programming	27-28
Fitness Classes	29-30
Civic Center Information	31
Coloring Contest	32
Morrill Memorial Library	33
Community Resources	34
Parks & Athletic Fields	35

## REGISTRATION METHODS



### WALK- IN

Recreation Department  
Civic Center  
165 Nahatan Street  
Norwood, MA 02062



### ONLINE

[www.NorwoodRecreation.org](http://www.NorwoodRecreation.org)



**Registration for Fall/Winter starts:  
August 22nd!**

\*Registration is on a first-come, first-served basis\*

### **Civic Center Closures**

September 3rd	Labor Day
October 8th	Columbus Day
November 12th	Veterans Day
November 21st-22nd	Thanksgiving
December 22nd	Christmas, 5:30am-1:30 pm
December 24th	Christmas Eve, 5:30am-1:30 pm
December 25th	Christmas Day
December 29th	5:30 am - 1:30 pm
January 1st	New Year's Day
January 15th	Martin Luther King Day

**Norwood Recreation Department is a proud member of:**

National Recreation & Park Association  
Massachusetts Recreation & Park Association  
American Park & Recreation Association  
Metro West Regional Group

## REGISTRATION INFORMATION

### NON-RESIDENT PARTICIPATION

Non-residents may join designated classes at the Norwood Recreation Department. Non-residents may register at an additional fee one week prior to class for only classes that state non-resident rates.

### COURSE CONFIRMATION

We do not send or call to confirm registrations. Consider your registration accepted and report to your class unless the Department notifies you of a cancellation. You are responsible to attend programs that you registered for. The Norwood Recreation Department does not give refunds/credits for someone failing to attend a class in which he/she is registered.

### PARTICIPANT PHOTOGRAPH POLICY

The Department reserves the right to photograph/film program participants for publicity purposes. Smile! You just may be on the cover of the Program Guide.

### INCLEMENT WEATHER

All classes (day and night) will be cancelled when Norwood Public Schools are closed. If Norwood Public Schools have a delayed opening, all Recreation Department programs WILL START at the regularly scheduled time, unless you are informed otherwise. In the event that we need to cancel evening or weekend events, it will be listed on our website and a message will be left on your voice mail.

### TOILET TRAINED

Children must be toilet trained in order to attend any classes unaccompanied by an adult.

### FILLED CLASSES

Should programs become filled, you can be placed on a waiting list. We will try to offer additional spots whenever possible. People will be contacted as soon as a spot opens and will be given a time period in which they have to come in and register in person.

### VACATION WEEKS AND HOLIDAYS

No regular classes during school vacation weeks. When Civic Center is closed, no programs!

### CANCELLATIONS

Every attempt will be made to reschedule a class that has been cancelled for inclement weather, instructor absence or holiday. We are not responsible for making up classes that are missed due to the participant's inability to attend, and refunds/credits are not given for lack of attendance.

### SICK

We follow the same procedures as the school system. We would appreciate it if you keep your child home and fever free for 24 hours as to not make others ill!

### REFUNDS

**For Fall Classes:** You may request a full refund if a program is cancelled, or you may withdraw from a class **two weeks prior** to the start of the program. If you request to withdraw from a class after that, you are **not** eligible for a refund UNLESS your spot can be filled by someone on the waitlist prior to the start of the class.

Refunds will be processed immediately upon request and will take 3-4 weeks to get a **check mailed** from the town.

### RETURNED CHECKS

There is a \$25 fee payable to the Town of Norwood for returned checks

All registrations may be completed online or at the Civic Center

We do not take over the phone registrations, our programs are first come first served. If class fills we will try and open more spots.

### How do I reserve an athletic field?

All groups requesting to use an athletic field must complete a Field Permit Request Form. Any questions regarding field usage and availability, please contact Howard Weinstein at 781.762.0466 or email [hweinstein@norwoodma.gov](mailto:hweinstein@norwoodma.gov).

## DEPARTMENT INFORMATION

### Membership Rates

Norwood Residents Only

**Proper photo ID and proof of residency is required at time of purchase.**

	Adult	Family
1 Month	\$15.00	
3 Months	\$40.00	
6 Months	\$75.00	
1 Year	\$145.00	\$200.00
1 Mo MbrshipFit Combo	\$35.00	
3 Mo Mbrship FitCombo	\$80.00	
6 Mo Mbrship FitCombo	\$135.00	
1 Year Mbrship FitCombo	\$240.00	

Family membership is defined as two adults over the age of 21 plus children who live in the household, under the age of 21.

**Each individual will be issued a KEY FOB once you purchase a membership. Each time you enter the facility, you must swipe your card under the bar code reader at the front office. Lost cards result in a \$5 replacement fee.**

### Daily Charge

If you wish to use the facility, fitness area or basketball courts, you must pay a daily fee if you don't have a membership. **Day pass key FOBs will be issued with proper photo ID and proof of residency. If you've been issued a FOB and cannot locate it, a replacement FOB will be issued for \$5.**

	Norwood	Westwood
Seniors (ages 62+):	Free	\$1.00
Adults:	\$5.00	\$6.00
College	\$1.00	\$2.00
(Must have valid FT college ID)		
Youth (Grades K-12):	\$0.50	\$1.00

### Age/Dress Regulations - Civic Center

Must be at least 16 years of age, unless supervised by parent/guardian, and be dressed in proper fitness attire. No street clothes are permitted in the facility.

Learn about upcoming classes, special events, cancellations and more. Follow us on the Norwood Recreation Department on Facebook and receive current information about what is going on. We are also on Twitter and Instagram!



### CODE OF CONDUCT

**Equal Access:** No participant shall, on the basis of race, creed, national origin, or disability be denied access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity.

**Behavior:** Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make Recreation Department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff.

**Participants Shall:** Show respect to all participants, volunteers and staff. Refrain from foul language. Refrain from causing bodily harm to other participants, volunteers and/or staff. Show respect for all equipment, supplies and facilities.

**Discipline:** A positive approach will be used when determining disciplinary action. The Norwood Recreation Department reserves the right to dismiss a participant. Each situation will be evaluated on its own merit.

**Expectations:** The Town of Norwood prohibits the use of alcohol or drugs while involved in town programs or on town premises. Anyone in violation is subject to disciplinary action, from warning to letter of disinvite.



## CIVIC CENTER

### GROUND FLOOR

Welcome to the Norwood Civic Center, home of the Norwood Recreation Department. We are a full-service Community Center, with much to offer. Our main office is located on the ground floor of 165 Nahatan Street. Here, you can enroll in a program, rent a meeting room, obtain field permits, purchase pool passes, gym memberships, and more. The ground floor also houses offices, meeting rooms, men's/women's locker rooms with sauna and showers, our workout facility, multipurpose fitness and exercise room.

### FIRST FLOOR

Our main attraction here is the gymnasium that houses many programs. In our gym, we offer activities such as basketball, floor hockey, art classes, special programs and so much more. The first floor also has meeting rooms with a capacity of 45 people, a fully- equipped kitchen, and a full service arts and crafts room. Many of our programs and community meetings happen here.

### SECOND FLOOR

The second floor is home to the School of Dance, with a studio and parents' room. It also serves as a space for Zumba. Also located on this level is the dedicated Lydon Suite in honor of Anne and Dr. Roy Lydon, where many programs and groups meet.

### OPEN GYM

Stop by and shoot some hoops. Schedule varies with programs and building hours. Please pick up a basketball gym schedule at the Civic. Youth in elementary school need to be accompanied by adult. Entrance fee is \$0.50 per youth.

You must bring a valid Norwood School ID so we can issue a youth day pass key FOB, which you will then need to bring each time you come to the Civic. Key FOB is free, but if you lose it, it will cost \$5 to get a new one! **Must bring FOB or you won't be let in to use the facility.**

### 3,000 SQ. FT. CO-ED FITNESS AREA

#### Free Weight Equipment Includes:

30 Free weight stations	High/low lat machine
Decline/Incline Bench	Preacher curls
Dip bars	Roman chair
Squat rack	Exercise balls
Medicine balls	Smith machine
Multiple flat benches	Standing leg curl
Glute master	Leg press
Bench Leg sleds	Olympic plates =3,000 lbs
50 Dumbbell sets	

#### Cardio Equipment Includes:

2 Rowers	3 Steppers
2 Recumbent bikes	7 Treadmills
4 Cross trainers	3 Upright bikes
14 Fitness stations	4 Elliptical machines

### NORWOOD RECREATION DEPARTMENT MISSION STATEMENT

The mission of the Norwood Recreation Department is to provide a variety of programs, activities and events that enhance the quality of life and promote the physical, mental, and social well being of each individual served.

# NORWOOD DAY FIREWORKS!

Friday, September 7th  
Coakley Middle School  
Festivities begin at 6:30 p.m.



## Presented by David Spiegel

The spirit of Norwood is the volunteerism and activities that enhance the quality of life for its residents. Norwood Day is an opportunity to celebrate these ideas and values.

## SATURDAY, SEPTEMBER 8th NORWOOD DAY!

DOWNTOWN FESTIVAL & CELEBRATION: 9:30am-  
3:00pm

Enjoy: Live local entertainment, games, prizes, crafters, food, sidewalk sales, business groups and town department displays!

**NORWOOD DAY BUTTONS \$3.00 in advance or  
PURCHASE THE BUTTON ON SEPTEMBER 8th: \$5.00**

Buttons are available for purchase from any committee member or at the Civic Center. This will help support activities and allow free food tasting, kiddie rides, rock climbing, Big Daddy Racing,

Gaming Truck & more!



**Norwood  
Bank**



**Halloween Spooktacular****HWo1****Ages: 3-8 years****Civic Gymnasium**

Join us for games, dancing, crafts, refreshments and more at the Halloween Spooktacular. We will have a costume parade, so dress up and join us for a fun-filled family day!

**Friday, October 19th****Time:** 6:00pm-7:30pm**Fee:** Res: \$8.00 /NR: \$10.00**6th Annual Halloween Trunk or Treat SPo1**

Decorate your cars, bring candy to hand out, and park in the DPW Lot for Norwood's Trunk or Treat. Spots are limited, so register your vehicle by October 12th. Children in the community are welcome to go vehicle to vehicle in their costumes to TRUNK OR TREAT! Can't participate? Donations of wrapped candy are welcome for this event. Vehicles are welcome to enter the lot from 3:00-4:00pm to set up.

**Saturday, October 20th****Time:** 4:00pm-5:00pm***NEW* New York City Shopping Trip****NYo1**

Enjoy a day in New York City! We provide the transportation you & enjoy a day in the city! Coach bus with a bathroom on board.

**Saturday, December 1st**

**Depart: 5:30 am from Civic Center to Rockefeller Center Departs Rockefeller Center 6 pm Sharp!**

**Fee:** \$65.00 per person

**\*\*Don't miss the bus, it would be an expensive cab ride home! Movies and Trivia also included on the ride! \*\***

***NEW* Vacation Week Field Trips****VWo1**

During December and February Breaks from school we will be offering all day field trips for all different ages! Trips such as snow tubing, ice skating, Museum's, and more! Flyer will be out in November for trips! Follow us on social media to see what trips you'd like to sign up for!



## Breakfast with Santa

All Ages

Civic Gym

BF01

The Norwood Recreation Department made a special request to the North Pole and Santa will be making a special appearance for kids at the Civic Center Saturday, December 15, 2018. Come hang out with us for a pancake breakfast, some sing-a-long songs, crafts, and don't forget to bring your cameras for pictures with Santa!



**Saturday, December 15th**

**Time:** 9:00am-11:00am

**Fee:** \$10.00 per child (Ages 16 and below) & \$5.00 per Adult

## 8th Annual Ties and Tiara's

All Ages

SP05

Civic Gymnasium

Dance the night away at the Civic Center. Calling all dads, uncles, grandpas and more... bring your special one for a magical evening. This semi-formal event will be a great time for all to enjoy. Pictures will be captured in our photo booth!

**Friday, February 8th**

**Time:** 6:30pm-8:30pm

**Fee:** \$15.00/ couple

(1 adult, 1 child)

\$5.00 each additional person



## Coakley Cares

CC01

Each half day Coakley Middle Schoolers have the option of Community Service at various locations! Bus transportation will drop off after community service in surrounding neighborhoods!

**Register:** Online, Civic Center, or Coakley Middle School Office

**Dates:** October 10th, November 16th, December 12th, February 7th - locations of each trip will be announced closer to the date! Participants will be back around 3 pm.

**Fee:** \$15.00 per trip, Includes T-shirt and Lunch! Can count as Community Service hours!

# HOLIDAY EXTRAVAGANZA



in partnership with

**The Friends of Norwood Center**

Hay Rides ~ Entertainment ~ Arts & Crafts ~ Parade~

Tree Lighting on the Common & Much More!

Walter J. Dempsey Memorial Bandstand

(Veterans of Foreign Wars Square)

Saturday, November 24th

**FREE!**

\*Event calendar subject to change, depending on weather.\*



## All Day Event

Store front decorating contest! Help us judge the best decorated storefront. Voting slips can be picked up at the Walter J. Dempsey Memorial Band Stand

### 1:00pm-1:30 PM

Reindeer Dash for the little ones! Children are broken down into age groups for a fun race around the common! Participants will receive antlers! ~ Town Common

### 1:30pm-3:30 PM

Face Painting ~ Holiday Crafts for kids ~ by Civic Staff at Norwood Recreation Department.



**Shop Local! Support Small Businesses of Norwood!**

### 2:00-4:00 PM

Horse-Drawn Hayrides ~ Town Common  
Barnyard Animals ~ Located at Civic Center Gym

### 2:00-3:00 PM

Local Musical Choirs ~ Walter J. Dempsey BandStand

### 3:00 PM

Reading of "How the Grinch Stole Christmas" with Linda Rau ~ Walter J. Dempsey BandStand

### 3:20 PM

Reading of "Twas the Night Before Christmas" by Selectwoman Helen Abdallah Donohue ~

Walter J. Dempsey BandStand

### 3:35 PM

Parade leaving Guild Square to Town Common

### 3:45 PM

Santa and Mrs. Claus turn on Holiday Lights at Town Common ~ Walter J. Dempsey BandStand



**Norwood Bank**

## Halloween & Christmas Decorating

Help spread the holiday cheer and decorate your home for the holidays! Judging will take place a week before Halloween and Christmas. Prizes will be provided to each winner! Check our social media for our themes and also interactive map!

Please contact the Recreation Department at (781) 762-0466 or

Program Director: [cseastedt@norwoodma.gov](mailto:cseastedt@norwoodma.gov)



## Story Time Theatre!



STo1

Ages 3-5

Dance Room

When stories come to life! Come join the fun of reading and acting out favorite story time books! Don't miss this new class! We are excited to have new faces join this class.

Fee: Res: \$65.00/ NR:\$75.00

Instructor:

Day:	Time:	Date
Mon	9:15 am-10:00 am	Fall 1&2, Winter 1

## Tiny Bowlers



TB12

Ages 3-5

Norwood Sports Center



Get ready for some fast fun! Get dropped off and meet some friends at the Sports Center to bowl a few strings! Bumpers will be provided for our Tiny Bowlers!

Fee: Res: \$65.00/ NR:\$75.00

Instructor:

Day:	Time:	Date:
Wed	10:00 am-11:00 am	Fall 1&2, Winter 1

## Parents' Night Out

### Civic Gymnasium

Parents can go out for an evening while Playcamp and Civic staff watch the kids. Participation in large group games, crafts, BINGO and more. Additional paperwork is required prior to attending program. Register quickly, as space is limited to the first 40 children who register. Pizza dinner and juice provided. **Food cannot be guaranteed for those who register after 4pm the day of the event.**

*Children must be in grades 1-5 to participate.*

Friday, October 12th **PNo1**

Time: 6:00-9:00pm

Friday, December 7th **PNo2**

Time: 6:00-9:00pm Holiday Movie Night

Friday, January 18th **PNo3**

Time: 6:00-9:00pm Extreme Games

Friday, February 15th **PNo4**

Time: 6:00-9:00pm Arts and Crafts and Games

Fee: \$10.00/child per night

Min/Max: 20/40

## Crafts, Kids, and Seniors!



CKo1

Ages 1.5-4

Council of Aging

A cross generational event every third Thursday of each month! Kids will craft with senior volunteers and also enjoy some story telling! Don't miss this wonderful event for all!



**Location** is at Council of Aging building: 275 Prospect St!

Fee: \$5.00

Instructor:

Day:	Time:	Date:
Thur	11:30 am-12:15 pm	Sept 20th
Thur	11:30 am-12:15 pm	Oct 18th
Thur	11:30 am-12:15 pm	Nov 15th
Thur	11:30 am-12:15 pm	Dec 20th

**Babysitter Lessons and Safety Training****Ages 11-13 years****Willett Room****BL01**

An American Academy of Pediatrics course that covers how to handle the basics of infant and childcare, how to react responsibly to medical emergencies and injuries, perform first aid for common childhood injuries and illnesses, and set up and run your own babysitting business. Please bring a snack and a drink. Instructed by Juanita Allen.

**Fee:** Res: \$40.00/NR:\$50.00

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
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Wednesday	1:00-4:00 pm	Oct 10th
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**Home Alone Safety****BL02****Ages: 9-11 years****Willett Room**

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. We'll also talk about how to manage your time when you're home alone for short periods of time. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack and a drink. Instructed by Juanita Allen.

**Fee:** \$40.00/ NR \$50.00

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
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Wednesday	4:00pm-7:00 pm	Oct 10th
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**First Aid****Lydon Room****Ages 12+****CP01**

The goal of this course is to emphasize the importance of accident prevention, the need for first aid training, and appropriate first aid skills to utilize in case of an emergency.

**Fee:** Res: \$45.00/NR:\$55.00

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
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Wed	6:00pm-9:00pm	Oct 3rd
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Wed	6:00pm-9:00pm	Jan 28th
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**CPR****CP02****Ages: 12+****Lydon Room**

Learn the life-saving skills of CPR and the Heimlich Maneuver to treat adults, children, or infants suffering from sudden cardiac arrest, heart attack, stroke, choking, or other serious illness or injury.

**Fee:** Res:\$45.00/NR \$55.00

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
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Wed	6:00pm - 9:00pm	Oct 1 st
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Wed	6:00pm - 9:00pm	Jan 30th
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**Slime Me****Ages: All Ages****SL11****Art Room**

It's time to make slime! We will have different colors to make, and participants will bring home their work! Please look also at our Slime Series!!!

**Fee:** \$10.00 Res/ \$15.00NR

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
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Mon	5:15pm - 6:15 pm	Sept 17th
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**Paw Patrol Party****PAW01****Ages: 2-5 years****Art Room**

No job is too big and no pup is too small! Come join the fun with a Paw Patrol -Themed party with crafts and snacks. Instructed by Marie Kidd .

**Fee:** Res: \$10.00 / NR: \$15.00

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
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Mon	10:30am-12 noon	Oct 1st
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**IS THE FAMILY AROUND DURING  
FEBRUARY VACATION?**



When you see this symbol, know that these programs will keep your kids busy over February vacation week!

## Adult Paint Nights **NEW** AAo1

Ages 18+

Art Room

Enjoy a night of painting kid free! Each month there will be a different step by step art project geared to that season. Makes for great home décor or holiday gifts! Don't miss the opportunity to come together with friends and paint! Look at Facebook to see the project 2 weeks in advance!

**Fee:** Res: \$30.00/NR: \$40.00 per night

Day:	Time:	Date:
Tues	6:30-8:00 pm	Sept 11th
Tues	6:30-8:00 pm	Oct 9th
Tues	6:30-8:00 pm	Nov 13th
Tues	6:30-8:00 pm	Dec 11th
Tues	6:30-8:00 pm	Jan 8th
Tues	6:30-8:00 pm	Feb 12th

## Modern Art **NEW** MAo1

Grades: 6-8

Art Room

Spend the day learning and painting Modern Art. This class is a fun class for over Winter Break! Take home projects at the end of the day

**Fee:** Res: \$45.00/NR: \$55.00

Day:	Time:	Date:
Thur	10:00am-2:00 pm	Dec 27th

## Holiday Cookie Decorating HC01

Ages: 3-10 years

Art Room

Frost and decorate holiday sugar cookies. You come and we provide all the fixins'. Leave the mess and clean up to us! Instructed by Mary Taggart.

**Fee:** \$10.00/person

Day:	Time:	Date:
Tues	4:30-5:15 pm	Dec 4th
Tues	5:30-6:15 pm	Dec 4th

## Gingerbread House Decorating OH84

Ages: 3-10 years

Willett Room

Come to the Civic and decorate your very own gingerbread house with all the fixings. We provide the kit and you provide the creativity!

**Fee:** Res: \$10.00/NR: \$15.00 person

Day:	Time:	Date:
Wed	4:30-5:15 pm	Dec 19th
Wed	5:30-6:15 pm	Dec 19th

## FLEECE THROW WORKSHOP

Ages 7-10 years

FTo1

Willett Room

Create your very own fleece blanket from start to finish. All materials will be provided. Must register one week in advance.

**Fee:** Res: \$25.00/NR: \$30.00

Day:	Time:	Date:
Thur	10:00- 11:30 am	Dec 27th

## SnowGlobe Workshop **NEW**

Ages: All Ages

SGo1

Willett Room

Come learn how to create your very own Snowglobe! Participants will get to pick out their figurine and create a winter wonderland in a Snowglobe!

**Fee:** \$10.00/person

Day:	Time:	Date:
Wed	3:30-4:15 pm	Jan 16th
Wed	4:30-5:15 pm	Jan 16th





## TOT/YOUTH Sessions

All our Tot programs are broken into three sessions:  
Fall 1, Fall 2, Winter 1

### DATES FOR SESSIONS:

Fall 1: September 10th -November 2nd

Fall 2: November 5th -December 21st

Winter 1: January 7th -March 1st

### KARATE:

Fall 1: Sept 12th– November 28th

(no class 10/31&11/21)

Winter 1: Jan 9th-March 6th

( no class 2/20)

### Little Scientists



**Ages: 3-5 years**

**TW04  
Art Room**

Math + Science = Fun! Stories, crafts and experiments will give little ones a hands-on lesson in counting, water movement, weather, and much more, while geoboards will introduce basic shapes.

**Fee:** Res: \$65.00 /NR: \$75.00

<u>Day:</u>	<u>Time:</u>	<u>Sessions:</u>
Fri	10:15am-11:00am	Fall 1&2, Winter 1

### Pre-school Prep

**Ages: 2.5-3 years**

**PP01  
Lydon/Art Room**

Get your child ready for preschool with this drop-off class that includes fitness, crafts, snack and stories. Get your errands done. \*\* Parents will need to return if a diaper needs to be changed.



**Fee:** Res: \$125.00 NR: \$135.00 per session

**Instructor:** Marie Duffy-Kidd

<u>Day:</u>	<u>Time:</u>	<u>Sessions:</u>
Tues	9:15am-11:15am	Fall 1&2, Winter 1
Thur	9:15am-11:15am	Fall 1&2, Winter 1

### Leaf Peepers

**Ages: 3-5 years**

**Art Room**

Celebrate Fall with seasonal stories, apple stamping, painting with leaves and plenty of Halloween crafts.

**Fee:** Res: \$75.00/ NR:\$85.00

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
Wed	11:00am-11:45 am	Fall 1&2, Winter 1

### Toddler & Me Tip Toes

**Ages 2-3 years**



**TT01/02  
Dance FL**

Toddler and Me Tip Toes is the perfect introduction to ballet for two and three year old children. This class is full of music, movement and lots of fun designed to nurture self expression, balance, turn taking, and enhancing physical and mental growth! This type of class includes mom, dad or any loved one participating along with the little dancer and taking an active role in supporting and encouraging!

**Fee:** Res: \$65.00/NR: \$75.00

<u>Day:</u>	<u>Time:</u>	<u>Sessions:</u>
Tues	9:15am-10:00am	Fall 1&2
Thur	9:15 am-10:00 am	Fall 1&2

### Little Ninjas

**Ages: 3-6years**

**KA01  
Multi-Purpose Room**

This popular program is now available for the younger ones, too! Great introduction to developing confidence and coordination while learning self-defense skills from a sixth-degree black-belt.

**Fee:** Res: \$70.00/NR: \$80.00 per session

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Wed	3:30pm-4:00pm	Fall 1 & Winter 1	3-4
Wed	4:00pm-4:30pm	Fall 1 & Winter 1	5-6

\*No Classes on 10/31 & 11/21st/ 2/20

### F.A.S.T. Athletics Mini Sports

**Ages 3-5**

**FA13**

**Civic Gymnasium**

This program is more of a combination of warm up games and sports such as soccer, kickball, wacky ball and basketball.

**Fee:** Res: \$80.00/NR:\$90.00 Min/Max: 6/15

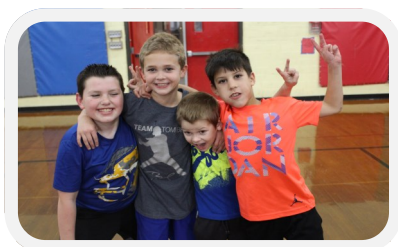
<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
Mon	3:30-4:15 pm	Jan 14-Feb22 No class 1/21

**Move and Groove****MGo1****Ages: 3-6****Lydon Room**

Drop your child off for an afternoon of music + movement, preschool learning, art, yoga and fun during our Move and Groove session! This class will get your child moving to music, exploring yoga poses, creating, crafting and continuing their pre-school curriculum with simple theme-based learning. Nut free snacks Included.

**Fee:** Res: \$105.00 /NR \$115.00 per session

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
Mon	12:15pm-2:15pm	Fall 1&2, Winter 1
Wed	12:15pm-2:15pm	Fall 1&2, Winter 1
Thu	12:15pm-2:15pm	Fall 1&2, Winter 1

**Youth Wrestling****NEW****YW01****Grades 6-8****Coakley Middle School**

This program is designed to introduce the great sport of wrestling. We will focus on developing agility, coordination, balance, and flexibility through both non-contact and contact drills and exercises. In addition to a fantastic work-out, wrestling helps to develop a child's self-esteem, discipline, accountability and overall work ethic. The coaching staff will do their best to pair wrestlers with similar size and ability level. Program participants will be given a Norwood Wrestling t-shirt, a pair of shorts and socks after the first week of practice. Each participant must provide their own wrestling shoes. Participation in tournaments and the purchase of individual uniforms (compression shirts/MMA shorts or singlet) are optional.

**Fee:** Res: \$100 /NR \$115 per session

\*optional tournaments and individual uniforms will be an additional cost \*

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
Tue/Thur	3:30-5pm	Dec 4- Feb 14

\*No Class During School Vacation Days\*

**Indoor Tot Time****Ages 1-5 years****Civic Gym**

Are you looking for a fun and safe alternative for your child during the cold fall/winter months? Would you like to meet local parents with children similar in age to your child? Look no further! This program will allow your children to explore a large open space and interact with other children. Climbing mats, sports equipment and play equipment will all be pulled out for the kids to enjoy at their own leisure. Parents/caregivers must accompany their children at all times during this program, since this is a non-structured program. No fee for children under 1 if accompanied by sibling. No family will be charged more than \$100 ! Two sessions this year!

NO FOOD OR DRINKS IN THE GYM PLEASE

**Fee:** Res \$50.00/ NR:\$65.00 per session per day

**SESSION I**

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
Mon	10:00am-11:30am	Sept 10-Dec 10
Wed	10:00am-11:30am	Sept 12-Dec 12th
Fri	10:00-11:30am	Sept 14th-Dec 14

**SESSION II**

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>
Mon	10:00-11:30 m	Jan 14th-May 6th
Wed	10:00-11:30am	Jan 16th-May 8th
Fri	10:00-11:30am	Jan 18th-May 10th

**\*\*No Tot Time during Vacation Weeks or Days when Civic Center is Closed\*\***

**Bounce, Build, and Beebots****Grades K-2****Civic Center**

Burn energy with hopper balls then switch gears and use Bee-bots and blocks (Legos for older group). Great class to drop off kids and let them burn off some energy!

**Fee:** Res \$85.00/ NR:\$95.00

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Mon	2:00-3:15 pm	Fall 1&2, Winter 1	3-5
Mon	3:30-5:00 pm	Fall 1&2, Winter 1	K-2

**Wiggle & Giggle****WGo1****Ages 2-3****Lydon Room**

Our little ones and guest will love this class! Come explore with Ms. Marie a book of the day, music to go along, and memories to make!

**Fee:** Res: \$60.00/NR: \$70.00

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>
Fri	9:15-10:00 am	Fall 1&2, Winter 1

**Muffins with Mom****MMo1****Ages 2+****Lydon Room**

Moms, Grandmas, Aunts or special someone event! Come enjoy a nice breakfast muffin and craft with your special someone! Great once a month event! Starts October—February

**Fee:** \$10 per couple (1 adult 1 child) +\$3.00 for +1

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>
Sat	8:30 am	3rd Sat of the month

**Donuts with Dad****DDo1****Ages 2+****Lydon Room**

Dads, Grandads, Uncles, or special someone event! Come enjoy donuts and craft with your special someone! Great once a month event! Donuts will vary from places around the area!

Starts October-February

**Fee:** \$10 per couple (1 adult 1 child) +\$3.00 for +1

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>
Sat	9:30 am	3rd Sat of the month

**Tot Fitness****TFo1****Ages: 18 months-5 years****Lydon Room**

Learn basic coordination skills and tumbling steps. Stretch and strengthen the body through

parachute activities and playground games to get your little one moving.

Instructed by Kathleen Hair.

**Fee:** Res: \$65.00/NR: \$75.00 per session

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>	<b>Ages</b>
Mon	9:30am-10:15am	Fall 1&2, Winter 1	1.5-2
Mon	10:15am-11:00am	Fall 1&2, Winter 1	2-3
Mon	11:00am-11:45am	Fall 1&2, Winter 1	3-5

**Mummy & Me UK Petite Soccer****UKo1****Ages: 2-5****Civic Gymnasium**

Is your child ready to play soccer? This is a great way to socialize, build confidence, and learn ABC's of soccer, athleticism & agility, balance and coordination. Instructed by UK Petite Soccer. A shirt is included in registration fee. (Parents are welcome to participate).

**Fee:** Res: \$75.00/NR: \$85.00 per session**Instructor:** UK Soccer

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>	<b>Ages</b>
Sat	8:00am-8:45am	Oct 13-Nov 17th	2-3
Sat	8:45am-9:45am	Oct 13-Nov 17th	3-5

# Slime Series!

Don't want to make the mess at your house? That's fine with us come make a mess with us! This Slime Series will have different types of slimes depending on the month! There is limited space for each session so register FAST as these workshops will sell out quickly! **Fee:** Res: \$10.00/ NR:\$15.00 per session

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>	<b>Code</b>	<b>Ages</b>	
Tues	5:00-6:00 pm	Civic DPW	Sept 18th	SLo1	ALL
Tues	5:00-6:00 pm	Civic DPW	Oct 23rd	SLo2	ALL
Tues	5:00-6:00 pm	Civic DPW	Nov 20th	SLo3	ALL
Tues	5:00-6:00 pm	Civic DPW	Jan 15th	SLo4	ALL
Tues	5:00-6:00 pm	Civic DPW	Feb 12th	SLo5	ALL

**Mustang Sports****Grades 2-5****FVo1****Gym**

Three days of action-packed sports! Participants will play a variety of sports such as soccer, basketball, dodgeball, floor hockey, and kickball to name a few. We will focus on team building and sportsmanship throughout the week. Participants will receive a Mustang Sports T-shirt for their participation.

**Fee:** Res: \$65.00/person/NR: \$75.00/person

Day:	Time:	Date:
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Tues- Fri	1:00 pm-3:30 pm	Feb 19-22nd
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**Global Art****Grades: 1-4****FVo2****Art Room**

Journey to faraway lands and create art inspired by those places. You will receive your very own passport stamped each class as you travel via ART throughout the GLOBE!

**Fee:** Res: \$120.00 / NR: \$130.00

Day:	Time:	Date:
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Tues-Fri	9:00am - 2:45pm	Feb 19th-22
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**Global Art 2 (Older Kids)****Grades: 5-8th****FVo3****Art Room**

Journey to faraway lands and create art inspired by those places. You will receive your very own passport stamped each class as you travel via ART throughout the GLOBE!

**Fee:** Res \$60.00/ NR: \$70.00

Day:	Time:	Date:
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Tues-Fri	3:00 pm - 5:00 pm	Feb 19th-22
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**FLEECE THROW WORKSHOP****Lydon Suite****FVo8**

Create your very own fleece blanket from start to finish. All materials will be provided. Must register one week in advance.

**Fee:** Res: \$25.00/ NR:\$35.00

Day:	Time:	Date:	Ages
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Wed	1:00-3:00 pm	Feb 20th	7-13
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**SuperHero's Dinner!****Ages: 3-8****FVo5****Willet Room**

Super Hero's Unite! Bring Dad, Uncle, Older brother or special someone to join you for dinner and crafts fit for a SuperHero! Our little heros can dress up as their favorite Superhero and special someone if they'd like! We will have Italian dinner as well as dessert!

**Fee:** Res:\$15.00/couple/NR:\$25.00/couple

Day:	Time:	Date:
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Wed	5:30pm-7:00pm	Feb 20th
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\*Additional Child \$5\*

**Kids Baking****Grades: K-3rd****FVo6****Kitchen**

Enjoy a few hours of baking each day during vacation. Participants will learn how to make: Cinnamon Rolls, Cake, Bread, and Cookies. Each participant will bring home their fresh baked goods.

**Fee:** Res: \$50.00/person/NR: \$60.00/person

Day:	Time:	Date:
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Tues - Friday	10:00 am - 12	Feb 19th-22nd
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**Princess Tea Party****Ages: 3-8****FVo7****Willet Room**

Please be our guest! All little princesses in the Kingdom are welcome! Sign up your little princess two weeks prior to our party, and they will receive a Royal Invitation in the mail! Children are welcome to dress in Princess attire (but not required), as we enjoy an afternoon tea party with the royal touches! All princesses will have fun making a special royal craft, enjoy the story.

**Fee Res:** \$15.00/NR:\$20.00

Day:	Time:	Date:
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Wed	1:00-3:00 pm	Feb 20th
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**Circuit Makers 101****Grades K-2**

Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.

**Fee:** Res: \$125.00/NR \$135.00

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>
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Tues	3:15-4:15pm	Sept 18-Nov 6
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**STEM Challenge with Lego's****Grades 3-5**

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. There are no prerequisites for this course.

**Fee:** Res: \$160.00/NR \$170.00**Instructor:** Play-Well Legos

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>	<b>Grades:</b>
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Wed	4:00-5:30 pm	Sept 12-Oct 31	3-5
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**Ninjas****Multi-Purpose Room**

This popular program is now available for the younger ones, too! Great introduction to developing confidence and coordination while learning self-defense skills from a sixth-degree black-belt.

**Fee:** Res: \$70.00 NR: \$80.00 per session**Instructor:** Excel Martial Arts.

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>	<b>Ages</b>
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Wed	4:30pm-5:15pm	Sept 12-Nov 28th	7-12
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Wed	4:30pm-5:15pm	Jan 8-March 6th	7-12
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**\*No Classes on 10/31 11/21 2/20****CMo1****Lydon Suite****Cricket****Ages: 5-16**

Cricket is the second most popular sport in the world after soccer ('futbol' in the rest of the world). There are more than two billion followers of the sport, and it combines fitness and ball skills with fun! Players of all abilities are welcome and equipment will be provided. Children will be broken up by age, with a dedicated coaching staff.

**Fee:** Res: \$40.00/NR \$45.00**Instructor:** Yathu Gopinath

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>
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Sun	9am-10:30am	Sept 16-Oct 21
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**Minecraft Master Engineering with Lego's****SCo2****Lydon Suite**

Bring Minecraft to life using LEGO® parts! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

**Fee:** Res: \$160.00/NR \$170.00**Instructor:** Play-Well Legos

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>	<b>Grades:</b>
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Wed	4:00-5:30 pm	Jan 9-Mar 6	3-5
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**\*\*No classes 2/20\*\*****Icky, Sticky, Goopy, Art****Ages: 2-4 years****TW25****Art Room**

All the fun projects that you want your kids to do- just not in your house! We will paint with shaving cream, use fingerprints and handprints to paint, and even make homemade slime and play dough. Get ready to get messy!

**Fee:** Res: \$65.00 /NR: \$75.00

<b>Day:</b>	<b>Time:</b>	<b>Date:</b>
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Wed	9:00am-9:45am	Fall 1&2, Winter 1
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## Youth Field Hockey

### Grades: 2-8th Grade

FHo1  
NHS



Come join the fun of learning the game of field hockey: Fall 2018! Practices are held once a week from 5-6pm for all age groups (2<sup>nd</sup>-8<sup>th</sup> grade) at the NHS High School Field Hockey Field (grass field).

· Practices will consist of the following: individual skills, drills and small games. Game schedule tentative depending on numbers:

- o 7<sup>th</sup> & 8<sup>th</sup> graders will participate in a full schedule (6/7 game) season against other towns on **Saturday** mornings from 8:00am-10:00am. Each player is responsible for their travel to and from away game sites.

- o 5<sup>th</sup> & 6<sup>th</sup> graders will participate in a half schedule (2-3 game) season.

- o NEW: 2<sup>nd</sup> through 4<sup>th</sup> graders will participate in intramural games on **Saturday** mornings. More information to come.

· 1<sup>st</sup> practice tentative date: **Wednesday 9/5** from 5:00-6:00pm. Practices usually held on **Wednesday** or **Thursday** depending on the high school field hockey game schedule. A complete schedule will be handed out/emailed the 1<sup>st</sup> day of practice. · Each player must provide their own equipment: stick, mouthguard, shinguards & goggles.

Instructed by Allison Penza, Allison Doliner (current NHS coach) and current/former HS players.

7<sup>th</sup> & 8<sup>th</sup> Grade Fee: Res: \$75.00/ NR: \$85

2<sup>nd</sup>-6<sup>th</sup> Grade Fee: Res: \$65.00/ NR: \$75

## Girl's Fall Hoops

Grades: 4-8

Coakley Gym

This is a great opportunity for girls of all skill levels to improve their basketball skills and gain confidence. Players will learn shooting technique, ball handling, rebounding, boxing out and much more. Clinic is being taught by Norwood High Coach Amy Lepley.

**Fee:** Res: \$30.00 /NR: \$40.00

**Instructor:** Amy Lepley

Day:	Time:	Date:
Mon	3:45pm-4:45pm	Sept 10 –Oct 1st

## Intro to Theatre

Grades: K-5

ITo1

Willett Room

Learn the basics of acting through movement and imaginative play! Theatre is a great outlet for kids who are naturally dramatic, and it's a fun and accessible confidence builder for kids who may be more reserved. In this class, we will use age-appropriate theater games and exercises to begin learning about the dramatic arts in an encouraging & inclusive environment.

**Fee:** Res: \$40.00 NR: \$50.00

**Instructor:** Jackie Martin

Day:	Time:	Date:	Grades
Sat	9:00am-10:00pm	Oct 13-Nov 10	K-2
Sat	10:00am-11:00am	Oct 13–Nov 10	3-5
Sat	9:00am-10:00pm	Jan 26th-Mar 2	K-2
Sat	10:00am-11:00am	Jan 26th–Mar 2	3-5

## F.A.S.T. Athletics Mini Sports

Ages 4-7

FA3o

Civic Gymnasium

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work. Each class, F.A.S.T. Athletics will have new and exciting games planned for the students.

**Fee:** Res: \$80.00/NR:\$90.00

Min/Max: 6/15

**Instructor:** F.A.S.T. Athletics

Day:	Time:	Date:
Mon	3:30-4:15 pm (No class 10/8)	Sept 17--Oct 29

## Cross-Country

XCo1

Grades: 1-8

Coakley Middle School

Learn to run longer and stronger! Join All-American coaches Matt and Jill Kerr in a fun and fast-paced cross-country running environment. Young athletes will navigate running on grass, up and down hills, and continue to develop a wide range of dynamic skills to enhance speed, strength, coordination and endurance. **New this year** - races will take place during weeks 4 & 8 with ribbons awarded to the top-3 finishers in each age group.

**Fee:** Res: \$80.00/NR: \$90.00

**Instructor:** Matt Kerr

**Day: Time: Date:**

Thur 5:00pm- 6:00 pm Sept 6th-Oct 24th

## F.A.S.T. Athletics Flag Football! FA12

Grades 3-5

Civic Gymnasium

It's the fall and it's football season! Come learn fundamentals of football with this 6-week program. Flag Football will help participants with sportsmanship, football skills, and learn rules of the game! This will be a great indoor activity too for the fall!

**Fee:** Res: \$80.00/NR:\$90.00

**Instructor:** F.A.S.T. Athletics

**Day: Time: Date:**

Fri 4:45-5:45 pm Sept 21-Oct 26th

## F.A.S.T. Athletics DODGEBALL! FA01

Grades 2-5

Civic Gymnasium

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment! Gatorskin dodgeballs will be used, which are proven to be the safest out there! Safety rules and regulations will be enforced before each class.

**Fee:** Res: \$80.00/NR:\$90.00

**Instructor:** F.A.S.T. Athletics

**Day: Time: Date:**

Fri 3:30-4:30 pm Jan 18-Mar 1st  
(No class during vacation week)

## Winter Indoor Track-Field

WT01

Grades: 1-8

Civic Center Gym

Join All-American coaches Matt and Jill Kerr indoors at the Civic to run, jump and throw! Young athletes will develop a range of dynamic skills to enhance speed, strength, flexibility and coordination. Athletes of all abilities will find suitable activities ranging from proper warm-up technique to coordinating exercises, as well as fun relays and games.

**Fee:** Res: \$55.00/NR: \$65.00

**Instructor:** Matt Kerr

**Day: Time: Date: Grades**

Tues 5:00-6:00 pm 1/8-2/5 1-8

Tues 5:00-6:00 pm 2/12-3/12 1-8

## Playwriting Workshop



PW01

Ages: 15+

Civic Center

Have you always wanted to try creative writing, but were afraid you have no ideas; Or are you full of ideas but not sure where to start? Learn the basics of playwriting and develop your own play in a supportive, creative, and fun environment. Using the 10 minute play as a format, we will explore techniques and exercises that will guide you in creating an original script - and finding your own voice and vision in the process.

**Fee:** Res: \$40.00 NR: \$50.00

**Day: Time: Date: Ages**

Tues 6:00-7:00 pm 10/16- 12/4 15+

## Kids Cook

KC50/51

Grades: K-2

Kitchen

In this class, you will learn how to make delicious treats such as pies, cookies, cupcakes and more. You then will be able to take home your tasty treats.

**Fee:** Res: \$90.00/ NR: \$100.00

**Instructor:** Mary Taggart.

**Day: Time: Date:**

Tues 3:30-4:30pm Fall 1&2, Winter 1

# Floor Hockey League

**Grades: K-5**

**Civic Gymnasium**

Get involved in this Norwood Recreation Department/Civic Center tradition! Focus on fun and everyone gets a chance to play! There is a four team limit for each division. Number of games per season is dependent upon number of teams that register.

**SEASON:** December 2018-March 2019

## WHEN DO I PLAY?

**Squirts:** Grades K-1, Thursday

**Mites:** Grades 2-3, Wednesday

**Pee-Wee:** Grades 4-5, Monday

**TIME:** Game times will be either 4:15pm, 5pm, or 5:45pm



## FEES:

Must show proof of residency and attend either Norwood Public Schools or St. Catherine's.

### Before October 1st:

Res: \$45.00/NR: \$55.00

### After October 2nd:

Res: \$55.00/NR: \$65.00

Fee includes mouth guard, goggles and t-shirt.

## EQUIPMENT:

All players are responsible for providing their own sticks (plastic blade- no composite sticks are permitted). Goalie equipment—mask, chest protector and leg pads must be provided by players or coaches.



# NEW & IMPROVED!

## REGISTRATION:



It is our goal to include all children in floor hockey. All children registered for this program will be placed on teams at random. You can make request during time of registration but we cannot guarantee that we can place everyone on the team they want.

## FREE FIRST TWO WEEKS!



Each team will participate in a FREE clinic the first two weeks of the program to go over the basics and get to know their teammates. Referees will also be on hand to help them learn the basics of the game. After these clinic dates, we will start games! This clinic will be held the weeks of November 26th to 29th and December 3rd to 6th.

## CANCELLATIONS:

This program will not be held on days Norwood Public Schools are closed (this includes vacation weeks).

## VOLUNTEER COACHES NEEDED

Interested in leading a Floor Hockey team this season? All interested coaches should contact Howard Weinstein, [hweinstein@norwoodma.gov](mailto:hweinstein@norwoodma.gov), or by calling 781-762-0466.

Volunteer applications and CORI's must be completed for all interested coaches. All those interested, please contact Howard on or before October 1st

**Coaches Needed!**



# Birthday Parties



*It's time to Celebrate !!!*

Norwood Residents are invited to celebrate their birthdays with us!

We offer parties for ages 6 and above!

Value Party: \$175 - Up to 15 party friends

Plus Party \$200 - Up to 25 party friends

**Includes:** Tables and chairs, access to kitchen, 2 hours of the gym, various sports equipment. (dodgeballs, kickballs, ect)

**\*\*Add a recreation leader for \$25 to run 1 hr of organized activities**

**Saturdays only 2-4 pm:**

October 20th - May 25th

**Register Online - First come, first served!**

For more information, contact Katie Seastedt at (781) 762-0466 or  
[cseastedt@norwoodma.gov](mailto:cseastedt@norwoodma.gov)

## Meet our School of Head Dance Instructor: **Erica Malinowski**



Erica has been dancing since a very young age. She attended Kerry Smith's Academy of Dance Art for over 5 years and minored in dance at Curry College. She also taught dance at the Civic from her senior year in high school to senior in college. Erica took a few years off from teaching at the Civic to teach at NESA (New England Sports Academy) with the Dance and Rhythmic Gymnastics Program. Erica came back to the Civic 5 years ago to teach the new Lyrical class and is excited to lead this season as the Head Dance Instructor. Erica is hoping to get new classes started and integrate the younger dancers with older dancers!

"We have a great group of teachers with YEARS of experience dancing and also years with the School of Dance. I am excited to welcome our dancers back as well as new dancers! I look forward to this year and continuing the success of the School of Dance!"

### WELCOME TO THE SCHOOL OF DANCE

Our School of Dance is a 30-week program that culminates in a final performance on **May 18th**. Please note: **Saturday classes do not begin until October 13th and are offered for 25 weeks. Non Saturday classes start Monday, September 10th.**

If your child is in **GRADE**: Look for these classes :

<u>K-1</u>	<u>Pre-Beginner</u>
<u>2-3</u>	<u>Adv. Beginner</u>
<u>4-5</u>	<u>Elementary</u>
<u>6-8</u>	<u>Junior</u>
<u>9 to adult</u>	<u>Senior</u>

We will offer TWO different ways to pay:

#### ***Upfront for entire school year :***

Monday-Friday Classes: Res: \$235 NR: \$265 (30 weeks)

Saturday Classes: Res: \$200NR: \$225 (25 weeks)

**OR three payments per year (which must be done in person at the Norwood Recreation Department)**

1. Fall (by September 12th): \$85.00

Saturday Fall classes: \$60.00

2. Winter (by Thanksgiving): \$75.00

3. Spring (by President's Day): \$75.00

**\*\* Payments for the school year must be completed on or before February 18th.**

Notifications for additional fees such as costume fees and dance attire will be sent home with your child as they become available throughout the year.

- \* If you would like to join mid-season, permission must be attained in writing through the School of Dance Head Instructor, Erica.
- \* Classes are not held on school vacation weeks and holidays. Notifications of changes will be sent out to you through the School of Dance office.
- \* **School of Dance weekday classes begin the week of September 10th and Saturday classes begin on October 13th.**
- \* Please follow the dress code listed for the class you are in.

**Dance Open House:**  
**Wednesday, September 5th**  
**&**  
**Thursday, September, 6th**  
**Time: 4:00-6:00pm!**  
**Come check us out!**

**DRESS CODE FOR BALLET**

Plain black leotard, pink tights, Capezio pink ballet shoes, and hair in a bun.

**Advanced Beginner Ballet SD01**

**Grades: 2 & 3**

Beginners learn an introductory course to the art form of ballet with lots of fun for all. Come tendu, plie and sous-sous with us.

**Monday, 4:30-5:15 SD02**

**Friday, 4:30pm -5:15pm SD01**

**Saturday, 12:30-1:15pm SD10**

Fee: Monday, Friday: \$235, 30 weeks

Saturday: \$200, 25 weeks (starts October 13th)

**Elementary, Junior, Senior Ballet SD25**

**Grades: 4—6**

Dancers will practice techniques of ballet with exercises at the barre and center floor: demonstrations of steps to classical accompaniment. \* Previous ballet experience required.

**Monday, 5:15-6:15pm**

Fee: \$235, 30 weeks

**Pre-Pointe SD30**

Our class is for the advanced ballet dancer who dreams of dancing on pointe in the future. Classical instruction will be taught at the barre and center floor. Come dream with us. \*Previous ballet experience required.

**Monday, 6:15-6:45pm**

Fee: \$235, 30 weeks

**Pointe Ballet SD130**

Students will develop the strength and technique necessary to begin to dance en pointe. This class is open to students of the Pre-Pointe class ages 12 or older, with instructor approval.

**Monday, 6:45-7:15pm**

Fee: \$235, 30 weeks

**Irish Step I & II**

Calling all Irish lads and lassies to enjoy authentic Irish Step Dancing. \*All students in Irish Step must have ballet training. Hard shoe dancers need two years experience of tap or Irish Step soft shoe. Half the class will be soft shoe and the second half will be hard shoe.

**I. Thursdays, 6:00-7:00pm (Beg. & Elem.) SD37**

**II. Thursdays, 7:00-8:00pm (Jr. & Sr.) SD35**

Fee: \$235, 30 weeks

**Adv Beg, & Elem. Intro to Hip Hop Boys/Girls SD41**

Hip-hop dancing will incorporate a variety of old and new dance styles, such as breakdancing or popping, locking and boogying. Both dances represent body movements that go with the beat and rhythm of both music styles.

**SHOES:** Black hip hop sneakers are preferred.

**WEAR:** Black tanks/T-shirts and black sweatpants

**Thursday, 5:15-6:00pm**

Fee: \$235, 30 weeks

**Reminder:****Payment Structure for 2018-19 School of Dance:**

Monday-Friday Classes:

Res: \$235 NR: \$265 (30 weeks)

Saturday Classes:

Res: \$200 NR: \$225 (25 weeks)

**OR three payments per year (which must be done in person at the Norwood Recreation Department)**

1. Fall (by September 12th): \$85.00

Saturday Fall classes: \$60.00

2. Winter (by Thanksgiving): \$75.00

3. Spring (by President's Day): \$75.00

**\*\* Payments for the school year must be completed on or before February 18th.**

**DRESS CODE FOR TAP**

Plain black leotard (no attachments), tan or black tights, Capezio black tap shoes, and hair tied up.

**Advanced Beginner Tap**

**Grades: 2 & 3**

Tap is so much fun and popular that we now have two groups. Come learn tap technique for the soon-to-be serious tap dancers. Also see beginner tap.

**Grade 2 will wear Capezio Jazz Tap shoes.**

**Monday, 3:45-4:30pm SD55**

**Friday, 5:15-6:00 SD66**

Fee: \$235, 30 weeks

**Elementary Tap**

**SD60**

**Grades 4 & 5**

A new combination class of classical ballet to develop grace, posture and more ballet technique. The other half of class, dancers will have tons of fun with the next level of tap in Capezio jazz tap shoes.

**Tuesday, 4:30-5:15pm**

Fee: \$235, 30 weeks

**Elementary Intro to Broadway Tap SD65**

Tap is here to stay, so grab your Capezio tap shoes and come dance with us. Nine year olds need prior dance experience. \*See Elementary Tap.

**Thursday, 4:30-5:15pm**

Fee: \$235, 30 weeks

**Junior & Senior Broadway Tap SD70**

These classes are for the experienced tap dancer who enjoys advanced level choreography. Proper tap technique taught with Broadway, Hollywood, and Silver Screen tap dancers' influence. Capezio black high heel taps are required.

**Tuesday, 5:15-6:15pm**

Fee: \$235, 30 weeks

**DRESS CODE FOR JAZZ**

Capezio split sole black jazz shoes, black leotard, tan or black tights.

**Elementary Jazz**

**SD95**

Kick, jump, turn, leap and have fun at half the age.

Our very popular classes for junior jazz dancers will make you want to JUST DANCE! Ballet experience is required. See Elementary Ballet.

**Tuesday, 3:45-4:30pm**

Fee: \$235, 30 weeks

**Advanced Beginner Jazz**

**SD96**

Give yourself a chance, don't sit it out, come on and dance! This high-energy class with hit tunes and the latest dance steps. Ballet experience required. See Intermediate Ballet.

**Saturday, 11:45am-12:30pm**

Fee: \$200, 30 weeks

**Junior & Senior Advanced Jazz SD110**

Experienced dancers will improve their dance skills achieved in previous jazz levels. Dance experience preferred.

**Tuesday, 7:30-8:30pm**

Fee: \$235, 30 weeks

**Junior & Senior Contemporary Jazz SD210**

NEW! The NRD School of Dance "Studio 165" brings you contemporary jazz that combines ballet technique training with a hint of jazz training for the experienced dancer. This class illustrates the importance of expressing yourself as a story teller and how we can connect to everyone with our body language. Leotard, black capri pants or footless tights, and Capezio foot undeez(tan). Come dance with us!

\*Previous advanced jazz required.

**Tuesday, 6:30-7:30pm**

Fee: \$235, 30 weeks

**Elementary Intro to Modern****SD10**

Introduction to modern dance. Use of pictorial and literary expressions to emphasize emotions. No footwear needed.

**Thursday, 3:45-4:30pm**

Fee: \$235, 30 weeks

**Junior & Senior Modern****SD70**

Learn advanced modernistic concepts and the use of literary and pictorial expression influenced by modern American dancers such as Martha Graham and Isadora Duncan. No footwear needed.

**Wednesday, 6:00-7:00pm**

Fee: \$235, 30 weeks

**Junior & Senior Lyrical****SD115**

Lyrical dance is style of dance that infuses ballet, jazz, and contemporary dance techniques that mix together to give the dancer the technique of ballet, but the pace of jazz. Movements in Lyrical are characterized by fluidity and grace, with the dancer moving from one movement to another without stopping and hold poses for long time. The Lyrical dancer uses his or her body movements to express strong emotions and usually performs with lyrics in a song.

**Wednesday, 5:00-6:00pm**

Fee: \$235, 30 weeks

**Elem. & Jr. & Sr. Intro to Acrodance****SD11**

A style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. This will be a beginner course so basic cartwheel, handstand, balance will be utilized.

**Wednesday, 4:00-5:00pm**

Fee: \$235, 30 weeks



**DRESS CODE FOR PRE-SCHOOL: Plain black leotard (no attachments), pink, tan or black tights, pink Capezio ballet shoes, Capezio black Baby Louie tap shoes & hair away from face tied up in bun.**

**Dance & Play****SD75**

**Ages: 3 years by August 31st**

Boys & girls will have a fun introduction to developing their coordination and self-expression with music, instruments and dance movement. **MUST BE POTTY TRAINED.**

**Saturday, 10:00-10:45am** (starts October 13th)

Fee: \$200, 25 weeks

**Pre-Beginner Ballet****SD45**

**Ages: 4 years by September 1st**

A little ballet, and a little song and you're on your way to having lots of fun. Designed to develop coordination and rhythm and a love for ballet. Calling all pre-school students who are 4 years by Sept 1st.

**Friday, 3:45-4:30pm**

Fee: \$235, 30 weeks

**Pre-Beginner Tap****SD05**

**Ages: 4 years by September 1st**

A little tap and a little song and you're on your way to having lots of fun. Designed to develop coordination and rhythm and a love for tap. Calling all pre-school students who are 4 years by Sept 1st.

**Saturday, 11:00-11:45am** (starts October 13th)

Fee: \$200, 25 weeks

**2018-2019 School of Dance Dates:****Block Rehearsal:**

**Wednesday, May 15th**

**Dress Rehearsal:**

**Thursday, May 16th**

**School of Dance Recital:**

**Saturday, May 18th 5 pm**

**Location:**

All held at Norwood High School

## Beginner Tumble Tots

TT-01

Ages 2-3

Civic Center Gym

Beginner Tumble Tots program is a new program being added this year and is designed for boys and girls ages 2-3 and their parents. The class begins with a fun warm-up incorporating motor and coordination skills. Each parent is expected to assist their child throughout the class. After the warm-up, the children move to different areas of the gym, working on all of the gymnastics apparatus within a few weeks. Beginner Tumble Tots will enjoy different theme weeks, such as teddy bear week, pajama week, and beach week!

**Fee:** Res: \$160.00/NR: \$175.00

Day:	Time:	Date:
Sat	9:45-10:30 am	Jan 5—May 4th

## Tumble Tots

TW02

Ages 4-6

Civic Center Gym

Tumble Tots is an independent class focused on movement education and creative expression. Modified gymnastics apparatus is utilized to create a specially-designed program for preschool children. The classes are structured with new lesson plans every week, and also include theme weeks to make learning fun. Basic gymnastics is introduced in a fun, playful way with the help of music!

**Fee:** Res: \$160.00 NR: \$175.00

Day:	Time:	Date:
Sat	10:30am-11:15 am	Jan 5—May 4th

## 1 Hour Super Tumble Tots

TW03

Ages 7-12

Civic Center Gym

Super Tumble Tots is an intermediate-level version of Tumble Tots. Students continue to build upon basic gymnastics skills to boost physical fitness and develop coordination. New weekly lesson plans create a structured learning environment, and theme weeks make learning gymnastics exciting and fun!

**Fee:** Res: \$160.00/NR: \$175.00

Day:	Time:	Date:
Sat	11:15-12:15	Jan 5—May 4th

## Adult Track Fit



AF 01

Ages 16+

Civic Gym

Hit your midweek stride with a workout that will energize and build long-term fitness and health! From novice to expert, participants will develop a range of dynamic skills to enhance overall body and core strength, flexibility, mobility and coordination. Track Fit is led by experienced track & field coach, Matt Kerr, and is designed to promote athleticism from head to toe! Each session includes an up-tempo cardio workout integrating strength with correct movement, posture and alignment.

**Tuesday morning's 4 weeks each session**

**Fee:** Res: \$35.00/NR: \$45.00

Day:	Time:	Date:
Tues	5:30am-6:15am	Sept 11-Sept 25th
Tues	5:30am-6:15am	Oct 2-Oct 23rd
Tues	5:30am-6:15am	Oct 30-Nov 20th
Tues	5:30am-6:15am	Nov 27-Dec 18th
Tues	5:30am-6:15am	Jan 8-an 29th
Tues	5:30am-6:15am	Feb 5-Feb 26th

## Mindfulness of Parents

Willet Room

**Ages: Adult**

Take time for yourself to reset and unwind through mindfulness, meditation, gentle yoga, journaling exercises, and discussion. In this class you will learn how to be calmer and more energetic at the same time. You will leave this class with the awareness of how to be more fully present to yourself and others, how to grow your patience, release stress and anxiety, and hear your inner voice better than you could ever imagine.

**Fee:** Res: \$8.00/ NR: \$10.00 per class

Day:	Time:	Date:
Thurs	9:45am-10:45am	Sept 13—Nov 15



Follow us on Social Media! Norwood Recreation

**Stroller Fitness****Ages: 18+**

Do you enjoy health benefits that come from exercise but find that, as a parent of small children, it is hard to find the alone time to exercise? This new offering is for you. Parents of baby through pre-school-age children, join us for this total body workout that can be done with your children present, enjoying the comfort of their strollers! The class aims to be fun and physically challenging for the adults, while at the same time engaging for the squirmy toddlers. The parents' fitness portion will consist of interval training and exercises using the weight of your own body. Class will be held at a park in Norwood (Site TBD), weather permitting, with a rain location inside the Civic Center.

**Fee:** Res: \$55.00/NR: \$65.00**Day: Time: Date:**

Fri 9:30am-10:30am Sept 14– Oct 19th

**Canvas & Coffee****Ages: 18+**

Come relax, take some time for yourself, and enjoy drawing and painting while sipping on your coffee or tea. All people, of all abilities, welcome here! We'll try our hand at painting and drawing to bring out your creative spark or evolve the one you have! Basic materials included in fee. Bring yourself, your coffee and a sketchbook!

**Fee:** Res: \$125.00/NR: \$135.00**Day: Time: Date:**

Sat 9:00am-12:00pm Oct 27th– Dec 1st

Sat 9:00am-12:00pm Jan 12th– Feb 16th

**Knitting****Ages: Adult**

Whether you are a beginner or a veteran, enjoy being with your friends while learning this old art form that is a favorite pastime. Instructed by Trudy Brown.

**Fee:** Res: \$2.00 per visit/NR: \$4.00 per visit**Day: Time: Date: Ages**

Tues 10:00am-12:00 noon on going 18+

**SF01****Veteran Park****Pickleball****Ages: Adult**

Join us for this great new program offering! A combination of tennis, badminton, ping pong, and racquetball - One of the fastest growing sports in America! A few racquets and balls are available for newcomers. Participants must help set up and break down at the end of each class. Program does not run during school vacation week or holidays.

**Fee:** Res: \$2.00 /visit or \$16.00/session

NR: \$3.00/visit or \$24.00/session

**Day: Time: Date:**

Tue 9:30am-11:30am on going

Thu 1:00pm-3:00pm on going

**PB12****Gymnasium****Adult Painting Class****Ages: 18+**

Come relax, take some time for yourself and enjoy painting step by step with our instructor. This is a nice time to relax and create some beautiful art work.

**Fee:** Res: \$100.00/NR: \$135.00**Day: Time: Date:**

Mon 9:00-11:00 am Sept 10th-Nov 12th

\*\* No class 10/8 &amp; 11/12 \*\*

**AA50****Art Room****Playwriting Workshop****Ages: 15+**

Have you always wanted to try creative writing, but were afraid you have no ideas; Or are you full of ideas but not sure where to start? Learn the basics of playwriting and develop your own play in a supportive, creative, and fun environment. Using the 10 minute play as a format, we will explore techniques and exercises that will guide you in creating an original script - and finding your own voice and vision in the process.

**Fee:** Res: \$40.00/NR: \$50.00**Day: Time: Date:**

Tues 6:-7:00pm Oct 16th– Dec 4th

**PW01****Civic Center**

### FITPASS ONLY RATES:

#### Option 1: Pay as you go!

1 class: \$10 per class

#### Option 2: 10 Class Pack, \$60

Only \$6 per class

#### Option 3: 20 Class Pass, \$85

Only \$4.25 per class

#### Option 4: Senior Class Pack, \$40 (20 classes)

This is for Seniors Only! Must be 62+ to register and provide a photo ID at time of purchase

\*\*Please see page 4 for FitPass/Membership Combo rates.\*\*

### ZUMBA



Zumba is the Latin-inspired, dance-fitness class that incorporates Latin and International music with easy-to-follow moves. It combines high energy and motivating music with unique moves and combinations that allow you to dance your worries away! No dance experience required to enjoy this fitness party!

Day:	Time:	Date:	Ages
Tue	10:00am-11:00am	Fall/Winter	18+
Thu	8:00pm-9:00pm	Fall/Winter	18+

### Core De Force Live!



Core de Force Live is an MMA-inspired cardio workout sure to leave you feeling empowered! No equipment required, just your body to kick and punch your way to a stronger core. Moves are easily modified so this is fitness for all levels!

Day:	Time:	Date:	Ages
Mon/Wed	6:00pm- 7:00pm	On Going	18+

### Interval Training



This is a high-intensity interval workout designed with modifications to fit everyone's athletic abilities. You will burn calories while toning and sculpting all your major muscle groups. No weights necessary. This workout makes you push your body to new levels to increase your endurance and strength in just 50 minutes.

Day:	Time:	Date:	Ages
Tue	5:30pm-6:15 pm	on going	18+

### CARDIO POWER



Explosive and high-energy class that features a variety of cardio/fat burning moves. Class will include interval training using hand weights, traditional aerobics with simple patterns, kickboxing, and mat exercises for an all-around fitness program!

Day:	Time:	Date:	Ages
Thu	6:15 pm-7:15pm	Fall/Winter	18+

### SPIN



Come join the Recreation Department for this fun SPIN class! Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps.

Day:	Time:	Date:	Ages
Wed	5:45pm-6:45pm	Fall/Winter	18+

### Looking for Civic Center for Fitness Classes?



All classes with this logo are the Norwood Recreation Fitness Class offerings and use our fit pass.

**MIXED LEVEL YOGA**

Mixed Level is great for intermediate or advanced Yogis. Wear loose, comfortable clothing. Bring your own mat. Accommodations could be made if needed. This class is an opportunity for growth in your Yoga postures.

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Mon	5:30pm-6:30pm	on going	16+
Wed	5:30pm-6:30pm	on going	16+

**Gentle Yoga**

Easy light postures to stretch shoulders, hip, neck, and back. Perfect class for everyone. Bring your mat and water!

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Fri	5:30pm-6:30pm	on going	16+

**Cardio Yoga**

Flowing Yoga to keep the body limber, muscles toned, and heart rate up! This is a class great for all levels and early morning risers!

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Mon	5:30am-6:30am	on going	16+

**Pilates**

Floor exercises to strengthen your back, stomach, and glutes! Great if you're recovering from athletic injuries. Bring your mat and water!

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Tues	5:30am-6:30am	Fall/Winter	16+

**Ballet Barre**

Get quick results using the principals of ballet focusing on the thighs, glutes, stomach, and core. Some arm work and toning is included! Bring mats and water!

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Fri	5:30am-6:30am	Fall/Winter	16+

**Sunrise Yoga**

Mixed Level would great for intermediate or advanced Yogis. Wear loose, comfortable clothing. Bring your own mat. Accommodations could be made if needed. This class is an opportunity for growth in your Yoga postures. Bring your mat and water!

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Wed	5:30am-6:30am	on going	16+

**Yoga Basics**

Are you nervous about starting yoga because you don't know a lot about it? Come join Norwood's own Lorella Lesavage for this Beginner Yoga program. Bring your mat and water!

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Mon	4:30pm-5:15pm	Fall/Winter	16+
Tues	6:45am-7:30am	Fall/Winter	16+
Wed	4:30pm-5:15pm	Fall/Winter	16+

**Roll and Release**

This is a foam roller class. The goal is to roll out soreness, muscle spasms, and increase range of motion and muscle tone using a foam roller for myofascial needs. Bring your Foam Roller and Water!

<u>Day:</u>	<u>Time:</u>	<u>Date:</u>	<u>Ages</u>
Thur	5:30am-6:30am	Fall/Winter	16+

Norwood Junior Woman's Club is looking for Members. Please contact [NorwoodJWC@gmail.com](mailto:NorwoodJWC@gmail.com) if interested!



**Norwood**  
Junior Woman's Club



**Weight Room**



**Weight Room**



**Multi-Purpose Room**



**Gymnasium**



**Art Room**



**Dance Room**



**Willett Room**

If you are interested in renting any  
of our space at the Civic Center  
please contact us at  
(781) 762-0466

1. Have your child color the page, put their name on it, and drop it off to the Civic Center. By December 12th (include your phone number)
2. On Monday, December 17th we will post the top 10 drawings that the Recreation Department picks on Facebook to have the town vote for the best.
3. Voting will close on Wednesday, December 19th and we will select the winners on December 20th.
4. We will pick winners from the most votes. Winner will win a Norwood Recreation Department Gift Card!
5. Thanks and happy coloring ~ If you have any questions or need assistance please call 781-762-0466





## Morrill Memorial Library

**Location: 33 Walpole St, Norwood MA**

### Hours of Operation :

Mon-Thursday: 9:00am-9:00pm

Friday's: 10:00am-5:00 pm/ Saturday's 9:00am –5:00 pm

Sunday: 2:00pm-5:00 pm

Closed Saturdays: July 1st through Labor Day

Closed Sundays: Memorial Day through Columbus Day

### Sustainability Series:

Sponsored by TogetherYes

**All events begin at 6:30 pm**

#### Wednesday, September 12th:

Progress Norwood, a progressive activist group, introduces its plans to promote sustainability In Norwood.

#### Wednesday, October 24th:

Director of Neponset Valley Watershed Association & Paul Halkiotis, Director of Planning in Norwood, discuss climate change and our Municipal Vulnerability Preparedness Grant.

#### Wednesday, November 14th:

Co-sponsored by League of Women Voters.

Film screening: "The Age of Consequences"

#### Wednesday, December 12th:

Film screening: "Easy Like Water"

#### Fall Musical Sundays concert series:

Made possible through the Library Endowment Fund

**All concerts begin at 3 pm**

**Sunday, October 14th:** The Steve Rudolph Trio

**Sunday, October 21st:** Aurora Duo

**Sunday, November 4th:** Jon and Patti McAuliffe

**Sunday, November 18th:** Marissa Key

<p><b><u>Norwood Community Resources</u></b></p>	<p><b>American Legion Baseball</b> (Ages 15-18) www.norwoodlegionbaseball.com Paul Samargedilis Steve Begley 781-696-5075 or 781-492-2446</p>	<p><b>Babe Ruth</b> (Ages 13-15) www.norwoodbaberuth.com <b>Senior Babe Ruth</b> (Ages 16-19) georgebrl@norwoodlight.com George Lally: 781-762-1121</p>
<p><b>Boy Scouts (boys grades 6-12)</b> <a href="http://www.scouting.org">www.scouting.org</a> 781-828-8360 <b>Cub Scouts (boys grades K-5)</b> Cubmaster@pack42.org</p>	<p><b>Chamber of Commerce</b> denise@nvcc.com 781-769-1126</p>	<p><b>Circle of Hope</b> www.norwoodcoh.org Lee Kennedy: 781-762-3549</p>
<p><b>Colonial Boys Corps.</b> jgrotwo@hotmail.com Jim Grover: 781-760-8734</p>	<p><b>Food Pantry</b> norwoodpantry@gmail.com www.norwoodpantry.org Nancy Maier</p>	<p><b>Girl Scouts</b> norwoodgirlscouts@gmail.com Lisa Silletti: 781-762-6582</p>
<p><b>Historical Committee</b> historicalcommission@norwoodma.gov</p>	<p><b>League of Women's Voters</b> www.lwvma.org Carol Macleary: 781-762-2430</p>	<p><b>Lion's Club</b> www.norwoodmalions.com apfaelzer@aol.com Arthur Pfaelzer</p>
<p><b>Lacrosse-Boys (Ages 6-16)</b> www.norwoodlacrosse.org Dan Carroll: 781-769-3507</p>	<p><b>Lacrosse-Girls (Ages 6-16)</b> lodgie2@gmail.com Mike Lodge</p>	<p><b>Little League (Ages 5-12)</b> info@norwoodll.com Mike Kelley: 508-498-4150</p>
<p><b>Meals on Wheels</b> <b>HESSCO Elder Services</b> Ellis Rehab</p>	<p><b>Cub Scout Pack 49</b> norwoodcubpack49@gmail.com Boys/Girls Grades K-5</p>	<p><b>Norwood Basketball Association</b> (Ages 6-16) norwoodbball@aol.com or www.norwoodbasketball.com Eric Bedard</p>
<p><b>Norwood Alumni Association</b> gmiller@norwoodma.gov Gerry Miller: 781-762-0466</p>	<p><b>Norwood Jr. Women's Club</b> norwoodJWC@gmail.com www.norwoodJWC.org Angela Popalo: 617-827-2771</p>	<p><b>Norwood Scholarship Foundation</b> norwoodscholarshipfoundation@gmail.com</p>
<p><b>Norwood Youth Football &amp; Cheer</b> (Ages 8-15) norwoodyouthfootballcheer.org Cheer: Rhonda Lowe or Stacey Clarkin Football: Michael Sheehan</p>	<p><b>Norwood Youth Hockey</b> (Ages 4-18) www.norwoodnuggets.org Bill Naumann: 781-762-1696</p>	<p><b>Norwood Youth Soccer</b> (Ages 4-18) www.norwoodsoccer.com Chris Lopiccolo</p>
<p><b>Retired Men's Club</b> Andy DeManbro</p>	<p><b>Rotary Club</b> www.norwoodrotary.org Peter Strano—781-769-3030</p>	<p><b>Norwood Community Tennis Association</b> norwoodtennis@gmail.com Kathy Keady</p>
<p><b>"The Arc of South Norwood "</b> arcsouthnorfolk.org</p>	<p><b>Stingrays Swim Team</b> www.norwoodstingrays.com norwoodstingrays@gmail.com Katherine Lee</p>	<p><b>Women's Community Committee</b> www.norwoodthriftshop.com 781-762-2991</p>

Norwood is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Norwood park or field follow these guidelines:

- **Pick up trash and dispose of properly.** Trash attracts bees and wild animals.
- **Trash is picked up regularly.** If barrels are full, please remove your trash from the site.
- **Report any unsafe field conditions** immediately to a league supervisor or the Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes. *Parking in crosswalks and in front of fire hydrants is illegal and unsafe.* Be considerate of the neighbors, leaving enough room for access to driveways and do not park on their lawns.

### PARK/PLAYGROUND INFORMATION

<b><u>Father Mac's</u></b> 295 Vernon Street  Pool, Soccer Field, Little League Baseball, Playground	<b><u>Ellis</u></b> Corner Codman/ Cameron Rd.  Baseball Field Playground Softball Soccer	<b><u>Coakley Middle</u></b> 1315 Washington St  Softball Field Rectangular Field Babe Ruth Baseball Tennis Courts Walking Path & Exercise Stations	<b><u>Callahan</u></b> 90 Garfield Ave.  Rectangle Field Tot Lot Basketball Court	<b><u>Cleveland</u></b> 33 George Willett Pkwy  Little League Baseball/softball Playground Basketball Court	<b><u>Savage Center</u></b> 275 Prospect St.  Basketball Courts	<b><u>Balch</u></b> 1168 Washington  Tot Lot Playground Basketball Courts Baseball Softball
<b><u>Oldham Field</u></b> 165 Prospect St  Little League Baseball Rectangular Field Playground	<b><u>Bond Street</u></b> Bond Street  Tot Lot	<b><u>Wilson Street</u></b> Wilson Street  Babe Ruth Baseball Playground  <b><u>Willett</u></b> Westover Parkway Baseball & Playground	<b><u>Murphy Field</u></b> Lenox Street  Little League Baseball Field Playground Basketball Court Pleasant Street & Allard Road	<b><u>Doherty</u></b> Brewster Drive  Little League Field Playground	<b><u>Prescott</u></b> 66 Richland Rd  Baseball/ Softball Playground Basketball Court	<b><u>Hawes Area</u></b> 1305 Washington  Pool/Spray Park Playground Tennis Courts Fishing Pond

### RESERVING AN ATHLETIC FIELD

All groups requesting to use an athletic field must come down to the Civic Center and fill out a Field Request Form. Any questions, please contact Howard Weinstein at 781-762-0466 or email [hweinstein@norwoodma.gov](mailto:hweinstein@norwoodma.gov).

**DOG ORDINANCE:** In order to keep our parks clean and enjoyable for all, please remember if you are a dog owner, please keep your dog on a leash at all times and clean up after your pet. Please check park specific postings.



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